**Email about Hispanic Heritage Month**

Hi everyone!

It’s Hispanic Heritage Month!

This is a great time to celebrate the cultures, ethnicities, and countries of origin of many of our kiddos!

It’s also important for us to know what words to use as these are deeply personal, and often touchy, subjects.

Race and ethnicity are different. Here’s a short explanation: <https://www.livescience.com/33903-difference-race-ethnicity.html>

In the US, “Hispanic” is an ethnicity, while “White, Black or African American, American Indian or Alaska Native, Asian, and Native Hawaiian or Other Pacific Islander” are races.

There is a difference between Hispanic, Latino/Latina/Latinx, and Spanish. Here’s a great article on the difference: <https://www.thoughtco.com/hispanic-vs-latino-4149966>

It’s important for us to be current and sensitive to the wants of other people who are often marginalized. We want to avoid unintentional negative messages, called microaggressions (I have an article with great examples of this, but it has bad words, so email me separately if you’re interested and not easily offended).

So be sure you’re not saying things like, “That Spanish mom”, unless you know for sure the mom is from Spain. In general, it’s also not great to put the identifier/label in front of the person, which is why we say, “the kiddo with ADHD”, instead of “ADHD kiddo”.

Below are some helpful tips on how to talk about race and ethnicity.

<https://www.parents.com/parenting/better-parenting/teaching-tolerance/talking-about-race-with-kids/?&did=281296-20180915&utm_campaign=parents_parentsdaily_toddler_091518&utm_source=pmm-newsletter&utm_medium=email&cid=281296&mid=15058171742>

I hope this is helpful and enlightening. I know I am always growing and learning and making sure that who I am does not infringe upon who other people are.